

freedom FLYER



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HRSC NE Operation Valentines for Vets

Story and photographs by Mass Communication Specialist 2nd Class Matthew R. White, NSA Philadelphia Public Affairs

Approximately 50 employees from Human Resources Service Center Northeast (HRSC NE) volunteered their time for the seventh annual HRSC NE Valentines for Vets event, Jan. 24.

The Valentines for Vets program is a way to continue to show support to the war fighter after the holiday rush is over.

“Soldiers get gifts during the holiday season, but once that has passed there seems to be a large drop-off in donations,” said Karin Clark, Valentines for Vets organizer. Clark added that HRSC NE collects care packages for Valentine’s Day, Memorial Day, and throughout the summer months when donations are generally lower.

The packages aren’t sent to random service members or locations, but rather to specific service members who have been selected by the employees.

“Many of our (HRSC NE) employees have relatives serving in the armed forces,” said Clark. “The employees provide us with the address of a recipient for the package and we send them out.”

The care packages that get sent to the troops contain a variety of items, from toiletries, towels, batteries and snacks, to books and handmade Valentines cards from area school children. Each

package also contains employment information from HRSC NE in case the soldier is planning on getting out of the military.

The items in the packages are donated or bought with donated funds and all shipping costs are also paid for with donations from the employees of HRSC NE.

The conference room where the packages were built was transformed into an assembly line with each volunteer doing their part.

“We’ve been doing this long enough that we have it down to a science,” Clark said.

A group of volunteers filled bags with snacks while others added Valentines cards. They were then passed to a group adding festive decorations to the bags. The bags were then paired with larger items, like blankets or towels, before being packed into waiting shipping boxes with address labels attached.

“We typically send out around 40 care packages to troops stationed all over the world,” said Clark.

“This is a way to show we care and that they are in our thoughts throughout the year, not just around the holidays,” Clark said.



Above: Casey Crowley adds candy and snacks to goody bags. Right: Samuel McCann adds personalized valentines cards to bags headed to vets.



Forging the Auxiliary Force

*Photographs by Mass Communication Specialist 2nd Class
Matthew R. White, NSA Philadelphia Public Affairs*

Seven Sailors from multiple tenant commands on board NSA Philadelphia completed their training and joined the Auxiliary Security Force (ASF), Feb. 2.

ASF Sailors were trained in an array of security and defense tactics and inspection procedures including: weapons training, non-lethal defense measures, personnel inspections, car inspections, and gate guarding procedures.

“I’m confident that these Sailors will be ready and able if we ever call on them to support base security,” said Aaron Mitchell, Police Officer Instructor for NSA Philadelphia. “They will embed with our current security force very well,” he added.

ASF augments the standing security and Master-at-Arms forces if a base event warrants it or in an emergency.



African American History Month Program Achievements of Black Women Honored

By Margaret Kenyon-Ely, NAVSUP Weapon Systems Support, Office of Corporate Communications

Veteran journalist, Washington Post reporter and National Public Radio contributor Patrice Gaines spoke to NAVSUP Weapon Systems Support and DLA Troop Support personnel who attended the annual African American History Month Program on Naval Support Activity (NSA) Philadelphia, Feb. 16.

“Sometimes ‘uncomfortable’ is where we need to be,” Gaines said in starting off her remarks that featured her personal journey in overcoming a background filled with hard times and poor life choices.

“We all have our personal and our collective histories,” she continued as she provided colorful stories of those who embodied this year’s African Awareness History Month theme of “Black Women in American Culture and History.”

To further emphasize the contributions of black women, Gaines called out various body parts, using them to highlight specific examples, such as the eyes representing visionary educator Marva Collins and the mouth Sojourner Truth, an abolitionist and women’s rights activist.

“Throughout our country’s history, courageous African American women have made significant contributions to literature, art, music and social change,” said DLA Troop Support Commander Rear Adm. David F. Baucom, in his opening remarks.

“Today, I am proud to represent an organization made up of all walks of life, intentionally so. Our DLA Troop Support Equal Employment Opportunity folks work hard to ensure that our workforce is a microcosm of our society, and that we celebrate our diversity with each other through programs like today’s,” Baucom added.

After Gaines’ key note address, Baucom and NAVSUP Weapon Systems Support Comptroller Capt. Mark S. Murphy, SC, USN, recognized her on behalf of both Commands.

Among the highlights of the annual program were rousing musical performances by NAVSUP WSS’ Dawn Morgan-



Patrice Gaines speaks to the crowd during the African American History Month program. She has received many awards for her journalism and work with women’s issues.

Moore and DLA Troop Support’s Latosha Wray who sang “Wind Beneath My Wings” and “Still I Rise” respectively.

DLA Troop Support’s Linda Bouie, a member of the organization’s Equal Opportunity Advisory Committee, served as the

event’s emcee. Members of the NAVSUP WSS Philadelphia Command Equal Employment Opportunity Advisory Committee along with DLA Troop Support EEO personnel coordinated the event as well as provided logistical support.



Latosha Wray closes the Black Women in American Culture and History program by singing the song “Still I Rise.”



SafePractices

From the NSA Philadelphia Safety Office

American Heart Month

February is American Heart Month. Cardiovascular disease is the leading cause of death in the U.S. Cardiovascular disease is very expensive—heart disease and stroke cost the nation more than \$444 billion in health care expenses and lost productivity. We can fight back against heart disease and stroke. Centers for Disease Control and other U.S. government agencies have launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices.

What is Million Hearts?

In September 2011 the Department of Health and Human Services (HHS) launched Million Hearts, a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S. over the next five years.

Goals of Million Hearts

The Million Hearts Initiative seeks to prevent 1 million heart attacks and strokes by the end of 2016 by:

- **Empowering Americans to make healthy choices** such as avoiding tobacco and reducing the sodium and trans fat they eat. These changes will reduce medical treatments for high blood pressure or cholesterol—and prevent heart attacks and strokes.
- **Improving care for people who do need treatment** by encouraging a focus on the “ABCS”—Aspirin for people at risk, Blood pressure control, Cholesterol management, and Smoking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes.

Million Hearts Support

Million Hearts has the support of multiple federal agencies and key private organizations, including the American Heart Association, the American Pharmacists' Association, the YMCA, Walgreens, and United Health Care.

What Million Hearts Means to You

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Challenge your family and friends to take the Million Hearts pledge at www.millionhearts.hhs.gov.
- Become physically active for at least 30 minutes on most days of the week.
- Know your “ABCS.”
- Eat a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

For more information please see <http://www.cdc.gov/features/heartmonth>



Employee Spotlight Jeff Cmar

Aviation Structural Mechanic 3rd Class Jeff Cmar grew up in Philadelphia's western counterweight, Pittsburgh. He is assigned to the Funeral Honors division at NSA where he provides military honors during veterans funerals.

"I enjoy my job because I feel like we make it easier on the families saying goodbye to their deceased," Cmar said.

In early 2007, Cmar joined the Navy for similar reasons to countless others who have chosen the Navy life.

"I wanted to get out of my hometown and see the world," he said.

His first assignment was with VAQ 138 (Electronic Attack Squadron 138), the Yellow Jackets, at Naval Air Station Whidbey Island, Wa. While there, Cmar worked as a Mechanic on F/A-18 Super Hornets

and was deployed to Iraq for about five months. He also deployed on the aircraft carrier USS John C. Stennis (CVN-74) for a cruise of the western Pacific Ocean.

"When you're on a deployment you really feel like what you're doing is making a difference. We displayed America's presence to many countries and also got a chance to get off the boat and help the locals," he said.

Cmar chose to come to Philadelphia because it was close to his hometown and wanted to be able to see his family more often than he had while stationed in Washington.

In his free time, Cmar likes to work on his 1993 Volkswagen GTI, play video games, and he is taking classes at the American Military University.



Around the Base



Above: Deputy Assistant Secretary of the Navy (Civilian Human Resources) Patricia C. Adams (front row, center) toured HRSC-NE's new home on board NSA Philadelphia Feb. 2, and was briefed on several key HRSC-NE initiatives. She also addressed all HRSC-NE employees at an awards ceremony to honor HRSC-NE employee achievements.

Pictured: Seated From Left: Eileen Pieper-Shinn, Patricia C. Adams, Patricia D'Amico; Standing From Left: Joseph W. Kenney, CDR David G. Adams, USN, C.F. Snyder, Ted Canelakes, John C. Goodhart, Timothy Newman.



Above: The Navy Exchange (NEX) now offers a variety of sandwiches, pastries, and other snacks, which are available for purchase by all base employees even without a military ID.



Auxiliary Security Force graduated from their training, Feb. 2.



NSA Classifieds

Please submit your free Classified Ads for the March Flyer to the NSA public affairs office by March, 14, 2012. Call 215-697-5995 or email matthew.r.white2@navy.mil for more information.

MWR/ITT Information



St. Patrick's Day Party

Fran's Hanger Bay

Friday, March 9

4:00 – 9:00 p.m.

Advance tickets: \$8

At the Door: \$10

**Price includes light food and
DJ entertainment!**

Tickets available at the MWR ITT Office.

For more information, contact MWR
at 215-697-2297/2055 or e-mail

trisha.curran@navy.mil or jenny.wallace@navy.mil



Philadelphia International Flower Show

Tickets for the annual Philadelphia International Flower Show are now available at the MWR ITT office. This year's theme is "Hawaii - Islands of Aloha". The show takes place from March 4 through 11 at the Pennsylvania Convention Center (12th and Arch Streets, Philadelphia). The show will "introduce visitors to a tropical experience that blends next-stage digital technology with the natural beauty and rich culture of the Hawaiian Islands". The show includes exhibits, special attractions, and a shopping area. Over 180 vendors will be selling commemorative Flower Show gifts, garden furniture, hand-crafted jewelry, flowers and plants, garden tools, and more. Tickets are available for \$27.00 each at the NSA Philadelphia MWR ITT office. For more information, please call the ITT office at 215-697-5499/9092.

Free Classified Ads

The Freedom Flyer will publish free listings of personal items for sale by personnel of the Naval and Defense Activities at Philadelphia. Such items and services must represent an incidental exchange between personnel on the installation and not be business operations. Ads are limited to 15 words, include Command/Code, one per employee, and photos are highly encouraged. Work extensions may only be used on car and van pool ads. All others must use a home or cell phone number. Ads are printed on a space available basis.

Send submissions to MC2 Matthew White at matthew.r.white2@navy.mil.

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